

Monitor Arms & Desk Accessories

- 1** Always confirm VESA pattern and monitor weight before ordering any arm
The most common monitor arm return is caused by incompatibility — the arm doesn't fit the monitor. Check the back of the monitor for the 75×75mm or 100×100mm hole pattern and weigh or look up the monitor's specs. The arm's capacity must equal or exceed the monitor's weight.
- 2** Gas-spring arms are the only correct choice for sit-stand desks
When a desk moves between sitting and standing height, the optimal screen position changes. A gas-spring arm lets the user reposition the monitor with one finger. Mechanical or fixed arms require tools to adjust — making them impractical for daily sit-stand transitions.
- 3** Specify grommet mounts for permanent installations, clamp mounts for flexible setups
Grommet mounts are more stable and create a cleaner look, but require a pre-drilled hole. Clamp mounts install in minutes with no desk modification. Match the mount type to the permanence of the installation — not just convenience.
- 4** Cable management must be planned before the furniture arrives, not after
Routing cables after desks are installed means crawling under surfaces and compromising the result. Specify grommets, cable trays, and coil sleeves at order time. Identify where power outlets are and plan the cable path from monitor to power source before anything ships.
- 5** Negative tilt on keyboard trays is the ergonomic standard — insist on it
Negative tilt means the back edge of the keyboard is lower than the front, matching the natural slope of the forearm. Positive tilt (keyboard angled up) forces wrist extension, which is the primary biomechanical risk factor for carpal tunnel. Specify trays with -15° to +15° tilt range.
- 6** Task lights should be 3500K–4000K for general office — not daylight white
Daylight white (5000K–6500K) promotes alertness but can be fatiguing over long periods. The 3500K–4000K neutral white range is the most comfortable for sustained knowledge work. Reserve 5000K options for specialized high-acuity tasks like technical drawing or proof-reading.
- 7** Monitor-mount task lights eliminate desk footprint entirely
In benching environments where surface depth is 24"–27", every inch of desk space matters. A task light that clamps to the monitor or monitor arm post delivers light exactly where needed without consuming any surface area. Always specify monitor-mount over freestanding in benching layouts.
- 8** Privacy screens provide acoustic value only when fabric-wrapped — acrylic and glass do not absorb sound
Acrylic and glass screens create visual separation but have near-zero acoustic benefit. Fabric-wrapped screens with a rigid core achieve NRC ratings of 0.20–0.55, providing measurable local sound absorption between adjacent stations. Material choice determines whether screens address noise or just sightlines.
- 9** Size cable coil sleeves for the full travel range of sit-stand desks plus a buffer
Calculate minimum sleeve length as maximum desk height minus minimum desk height plus 6 inches. A 48" max height desk with 22" min height needs a 32" sleeve minimum. Cutting the sleeve too short is the most common sit-stand cable management error — it causes binding and cable damage.
- 10** Specify accessories at the workstation level — every station needs a complete set
A floor of 80 workstations needs 80 monitor arms, 80 task lights, 80 privacy screens, and 80 cable kits. Under-accessorizing forces users to improvise — stacking books under monitors, using cardboard as risers — which undermines the quality and ergonomic performance of the entire installation.